

## I INVITE EVERY MAN

Every woman is invited to consult our Staff of Physicians, Surgeons and Specialists, at the Invalids' Hotel and Surgical Institute, Buffalo, N.Y., by letter at my expense—R.V. PIERCE, M.D.

There is every reason why women should not trust their delicate constitutions in the hands of unskilled persons. It requires a thorough medical education to appreciate and understand the female organism. There is every reason why she should write a specialist.

As a powerful, invigorating tonic "Favorite Prescription" imparts strength to the whole system and to the organs distinctly feminine in particular. For over-worked "worn-out," "run-down," debilitated teachers, milliners, dressmakers, seamstresses, "shop-girls," housekeepers, nursing mothers, and feeble women generally, Dr. Pierce's Favorite Prescription is unequalled as an appetizing cordial and restorative tonic.

As a soothing and strengthening nerve "Favorite Prescription" is invaluable in allaying and subduing nervous excitability, irritability, nervous exhaustion, nervous prostration, neuralgia, hysteria, spasms, fainting spells, and other distressing, nervous symptoms commonly attendant upon functional and organic disease of the distinctly feminine organs. It induces refreshing sleep and relieves mental anxiety and despondency.

Dr. Pierce's Favorite Prescription is devised and put up by a physician of vast experience in the treatment of woman's maladies. Its ingredients have the indorsement of leading physicians in all schools of practice.

The "Favorite Prescription" is known everywhere as the standard remedy for diseases of women and has been so regarded for the past forty years and more.

Accept no secret nostrum in place of "Favorite Prescription"—a medicine of KNOWN COMPOSITION, with a record of forty years of satisfaction behind it. Sold by all Druggists.

Dr. Pierce's Pleasant Pellets invigorate the stomach, liver and bowels. One to three a dose. Easy to take as candy.

Send 31 one-cent stamps to pay cost of wrapping and mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, cloth-bound. Invalids' Hotel and Surgical Institute, R. V. Pierce, M. D., President, Buffalo, N. Y.

## JUST SEND ME THIS COUPON --- (.....)

DR. PIERCE'S INVALIDS' HOTEL, Buffalo, N. Y.

Please send me letter of advice and your Book for Women, all free and postage paid—without any obligations on my part whatever.

My Name.....

Post Office.....

Age.....How long afflicted?.....Are you married?.....

Make a cross (X) in front of the ailments from which you suffer. Two crosses (XX) in front of the one from which you suffer most.

Constitution.....Bearing Down.....Kidney Trouble.....Cough.....

Nervousness.....Painful Periods.....Bladder Trouble.....Catarrh.....

Headache.....Fainting Spells.....Womb Trouble.....Obesity.....

Dizziness.....Pain in Back.....Hot Flashes.....Skin Disease.....

Stomach Trouble.....Change of Life.....Itching Parts.....Rheumatism.....

Describe any other symptoms on a separate sheet if you wish.

## Married Life the Third Year

By Mabel Herbert Urner

Warren Fails to Bring His Mother a Present and Helen Buys One Here.

IT WAS at breakfast, the second morning after Warren's arrival, that Helen asked suddenly:

"Warren, didn't you bring your mother anything? I just thought of it now—and I don't remember seeing a thing when you unpacked your trunk."

"By George, I did forget that! Of course, I intended to get her something. But that last day was so rushed that it went clear out of my mind."

"Oh, then you'll have to get something here. She'll not know where it came from—anything will be better than to let her think you'd forgotten her."

"Well, you'll have to get it. I haven't time now to fool around shops."

"But, dear, I won't know what to get. It's always so hard for me to select anything for your people."

"That's absurd—get anything. Mother's not particular. She only cares for the remembrance. And be sure to get

it today, for we're to go up there this evening. I phoned yesterday that we'd come."

A sudden knock.

Helen laid down her knife and fork and started.

"What's the matter? I've been back two days now. Should have gone before this."

"Oh, yes, but—but it won't be necessary for me to go, will it?"

"Why, you know, dear, when your mother was here, last—"

"Oh, I wrote you all about it."

"Nonsense! Mother's too big to harbor any little unpleasantness—and you ought to be."

"Let's let that go—you know it isn't. But can't you see how embarrassing it will be for me to go there now? This first time I think you ought to go alone."

## SLOAN'S LINIMENT

Gives quick relief from pain. It's an excellent remedy for rheumatism, neuralgia, sciatica, lumbago and sprains.

Relieved Severe Pain in Shoulders

Mr. J. UNDERWOOD, of 2000 Warren Ave., Chicago, Ill., writes: "I am a piano polisher by occupation, and since last Sept. have suffered with severe pain in both shoulders. I could not rest night or day. One of my friends told me about your liniment. Three applications completely cured me, and I will never be without it."

Cured Sciatic Rheumatism

Mr. A. J. NANCE, of Oak Hill, O., writes: "I have used your liniment for sciatic rheumatism. I was so I could not walk for a long time. I even ate my meals on the floor, but your liniment cured me. I keep it in the house all the time and have had to use it and it cured them. I sent to Ironton, O., the other day and got two 50c bottles for other people."

At all dealers. 25c, 50c, & \$1.00  
Dr. EARL S. SLOAN,  
BOSTON, MASS.

## CONSTIPATION, BILIOUSNESS, COATED TONGUE, HEADACHE OR BAD STOMACH.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which acids and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascarets tonight will straighten you out by morning—a 10-cent box will keep you feeling good for months.

Millions of men and women take a Cascarets now and then to keep their stomach, liver and bowels regulated and never know a miserable moment. Don't forget the children—their little insides need a good, gentle, cleansing, too, occasionally.

## Cascarets

REGULATE STOMACH, LIVER & BOWELS  
TASTE GOOD—NEVER GRIPE OR SICKEN.

THEY WORK WHILE YOU SLEEP

10c per box  
Also 25c and 50c boxes

Any  
Drug Store

## Cooking Secrets of a Famous Chef

By Emile Bailey, of the Hotel St. Regis, New York

The proper method for cooking vegetables, and recipes for asparagus and lobster salad.

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THIS country is so remarkably fertile that all kinds of vegetables can be made to grow twice as large as they do in other lands where a smaller crop is raised at the price of ceaseless toil and care.

A friend of mine, who owns a large garden, tells me that French beans brought over from France and planted in his garden here sprang up as if by magic and grew to twice their ordinary size. That was the first year.

Next year, when he planted them again, the beans were smaller and the third crop was very poor and of small size.

Probably the ground has not been worked enough, as has every inch of my own land, and the first enormous crop exhausts the ground.

Then, if there is a desire for big fruit, big vegetables, or mammoth growth and beautiful to look upon, the fact that vegetables of smaller size are often better in quality and flavor.

Must Be Fresh.

Vegetables must be absolutely fresh to be good, and any housekeeper, even of modest means, can get fresh vegetables at this degree, after being to do her own marketing and do it early.

In France the mistress of the house does not disdain going to market with her cook, who carries home the day's provisions in a basket or net. Provisions are bought fresh daily, as the French say, "à la mode du jour," and the very rich I believe this is one of the reasons why you find good

cooking in the humblest French home. It is hard for even a bad cook to spoil anything that has been kept on ice for a long time and have lost their delicate flavor.

Most people cook their vegetables too much. This takes away the delicate aroma and is disadvantageous, both from the point of view of appearance and of taste.

Asparagus, for instance, should never be served boiling hot. It is to be eaten just a little warmer than tepid. Served at this degree, after being quickly cooked, it is delicious. It should never be kept in the boiling water after it is tender.

ASPARAGUS "EN BRANCHE."

Scrape and clean the asparagus, wash thoroughly, but this is very important, don't let them lie or soak in the water. Water toughens all vegetables. Dry the asparagus and trim them together, cutting the heads together and cutting the ends to make the bunches even. Have ready a pan of salted water, and when the water is boiling, put in your asparagus and cook from 25 to 30 minutes. One cannot tell exactly how long it will take, as this depends on the quality of the vegetable and the season of the year in which it is picked.

If a vegetable cooks quickly it is

LOBSTER SALAD.

(This is easily prepared if M. Bailey's recipe in this article is followed.)

proof positive of freshness and good quality.

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